



Reducing the environmental impact of dietary choice: Perspectives from a behavioural and social change approach

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Abstract:

Climate change is recognised as a significant public health issue that will impact on food security. One of the major contributors to global warming is the livestock industry, and, relative to plant-based agriculture, meat production has a much higher environmental impact in relation to freshwater use, amount of land required, and waste products generated. Promoting increased consumption of plant-based foods is a recommended strategy to reduce human impact on the environment and is also now recognised as a potential strategy to reduce the high rates of some chronic diseases such as cardiovascular disease and certain cancers. Currently there is a scant evidence base for policies and programs aiming to increase consumption of plant-based diets and little research on the necessary conditions for that change to occur and the processes involved in such a change. This paper reviews some of the environmental and health consequences of current dietary practices, reviews literature on the determinants of consuming a plant-based diet, and provides recommendations for further research in this area.

Source: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3382952>

Resource Description

Communication:

resource focus on research or methods on how to communicate or frame issues on climate change;
surveys of attitudes, knowledge, beliefs about climate change

A focus of content

Communication Audience:

audience to whom the resource is directed

Public

Exposure :

weather or climate related pathway by which climate change affects health

Food/Water Security

Geographic Feature:

resource focuses on specific type of geography

Climate Change and Human Health Literature Portal

None or Unspecified

Geographic Location:

resource focuses on specific location

Global or Unspecified

Health Co-Benefit/Co-Harm (Adaption/Mitigation):

specification of beneficial or harmful impacts to health resulting from efforts to reduce or cope with greenhouse gases

A focus of content

Health Impact:

specification of health effect or disease related to climate change exposure

Health Outcome Unspecified

Intervention:

strategy to prepare for or reduce the impact of climate change on health

A focus of content

Medical Community Engagement:

resource focus on how the medical community discusses or acts to address health impacts of climate change

A focus of content

Mitigation/Adaptation:

mitigation or adaptation strategy is a focus of resource

Adaptation, Mitigation

Resource Type:

format or standard characteristic of resource

Review

Timescale:

time period studied

Time Scale Unspecified